

## **There are three exemptions to the quarantine requirement**

<https://www.mass.gov/guidance/guidance-for-travelers-arriving-in-the-commonwealth-of-massachusetts#requirements-for-quarantine->

The following persons are not required to quarantine upon entering Massachusetts

### **1. Travelers Entering from lower-risk States:**

Travelers arriving from States designated as “COVID-19 lower-risk States” are not subject to the quarantine requirement. States are included on the list of COVID-19 lower-risk states based on meeting two criteria: average daily cases per 100K below 6 AND positive test rate below 5%, both measured as 7 day rolling average. The current list of COVID-19 lower-risk states can be found here: <https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states->

**The current list as of August 7, 2020 of COVID-19 lower-risk states includes:**

New Hampshire	Vermont
Connecticut	New Jersey
Maine	New York
Hawaii	

This list of lower-risk states is subject to change based on health data metrics.

You will be treated as “arriving from” a COVID-19 lower-risk State if you are coming to Massachusetts from one of the listed States and, aside from merely transitory travel, you have not been present in any State or jurisdiction not designated as a COVID-19 lower-risk State in the last 14 days.

### **2. Travelers Who Meet the 72-Hour COVID Test Rule:**

Travelers are exempt from the quarantine requirement if they have received a negative result from a COVID-19 test based on a sample obtained not longer than 72 hours before their arrival in Massachusetts. A traveler relying on the 72-hour test rule must be prepared to provide proof of the negative test result on request.

Individuals who receive a positive COVID-19 test result from an antigen test or an FDA EUA-approved molecular (PCR) SARS-CoV2 test are instructed to isolate in their home state.

Tests that are acceptable to satisfy the 72-hour test rule are limited to the following:

- A negative result from an FDA EUA-approved molecular (PCR) SARS-CoV2 test on a sample obtained 72 hours or less prior to arrival in Massachusetts.
- A negative result from an antigen test must be confirmed by a negative result from an FDA EUA-approved molecular (PCR) SARS-CoV2 test on a sample obtained 72 hours or less prior to arrival in Massachusetts.
- The current list of FDA EUA approved tests can be found here <https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/vitro-diagnostics-euas#individual-molecular> and <https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/vitro-diagnostics-euas#umbrella-molecular>.
- Results of antibody (serology) tests are not accepted for this exemption.

### 3. Limited Circumstance-Specific Exemptions:

People who travel into Massachusetts in any of the following circumstances are not required to quarantine for 14 days:

- **Transitory travel:** This includes people who are passing through Massachusetts and permits travelers to drive through the State or to connect to their airplane, bus or train, or to stop at a highway rest stop, but this exception extends only so long as is reasonably required for the traveler to complete their transit, make any necessary airplane, bus, or train connection, or make use of travel services such as at a highway rest stop.
- **Persons Commuting for Work or School:** People who regularly commute outside of Massachusetts to a fixed place to attend school or work or any person who regularly commutes into Massachusetts to a fixed place to attend school or work; provided that in either case, this exception applies only to and from the person's residence and place of work or school. Workers or

students who travel to any place that is not their home state for personal or leisure reasons cannot rely on this exemption and must quarantine for 14 days upon return.

- **Patients Seeking or Receiving Medical Treatment:** Patients who are traveling to Massachusetts to seek or receive specialized medical care from a physician located in the Commonwealth and persons accompanying and providing needed support to the patient.
- **Military Personnel:** Any person who is required to travel to Massachusetts at the order or directive of a Federal or State military authority.
- **Workers Providing Critical Infrastructure Services:** Workers who enter Massachusetts to perform critical infrastructure functions as specified in Version 3.1 of the listing published by the Federal Cybersecurity and Infrastructure Security Agency are exempt from quarantine while they are commuting to or from or while at work. For the first 14-days after arrival, when the worker is not at work or commuting to work they must quarantine. Additional information may be found here: <https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce>. Workers who travel to or from Massachusetts for personal or leisure reasons cannot rely on this exemption.

### **Completing the Massachusetts Travel Form**

Travelers or Massachusetts residents arriving from a lower-risk state do NOT need to fill out the Massachusetts Travel Form.

Travelers who meet one of the limited circumstance-specific exemptions, detailed in the third part of the exemption list above, do NOT need to fill out the Massachusetts Travel Form.

All other Travelers or Massachusetts residents, including those who have taken a test within 72 hours, and those who arrive from any place other than a lower-risk State must complete and submit the on-line [Massachusetts Travel Form](#), whether they are arriving in Massachusetts by airplane, bus, train, automobile, or any other means.